

THE CITIZEN

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The 6th Area Support Group Newspaper

April 26, 2005

Stuttgart, Oberammergau and Garmisch, Germany

Baseball, softball
seasons start in Stuttgart

April spotlight shines on military kids

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Melanie Casey

A young hurler prepares to deliver a pitch April 2 on Patch Barracks during opening day of the Stuttgart Youth Sports baseball and softball seasons. The seasons' first games were held in conjunction with the Spring Fling 5K Family Fun Run, as Stuttgart officially opened its Month of the Military Child and Child Abuse Prevention campaigns.

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OIF Soldier awarded Medal of Honor

Sgt. 1st Class Paul Smith is posthumously awarded the Medal of Honor for actions during a 2003 battle in Baghdad.



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Boxing is back in Patch Fitness Center

'The sweet science' makes its first Stuttgart appearance in 2005 with five bouts on Patch Barracks.



Thorns 'n Roses

From community submissions



Roses to:

Petra McFall of the 6th Area Support Group Housing Office. In a time when families are often in transition and looking for a new place to call home, Ms. McFall always greets her customers with a smile and offers true "First Choice" service.

The staff of the VAT office on Patch Barracks. With the recent changes in the VAT system, I was anticipating an agonizing wait and an overworked staff when I stopped by to purchase new forms. The staff may have been busy, but that didn't stop them from offering superior service and treating every customer in a professional manner.

The community volunteers who are coaching our young baseball and softball players. I know you're all busy enough with jobs and families of your own, but your willingness to donate your time and effort to introduce our children to these most American of sports is greatly appreciated.

We've heard a lot of negative things about professional baseball lately – it's inspiring to see that the true greatness of the game can still be found on our youth league fields (and in the smiles of our young athletes.)

Dave Preskitt and the general manager of AAFES for supporting the Patch High School 12th grade British Tea. Your contributions to the school and community are always greatly appreciated.

Andrea and the staff from Panzer School Age Services and Robin and the staff from the Panzer Child Development Center for taking good care of my children while I'm at work. I admire their patience and dedication day after day.

E-mail comments to citizen@6asg.army.mil or fax them to 421-2570/civ. 0711-729-2570.

Military 'brats' serve, sacrifice, too

By Senator Ben Nelson

Commentary

I was reading an article the other day about kids whose Moms or Dads are in the service.

The author pointed out that when the word "brat" is used to describe someone, it is not meant as a compliment, but when it is preceded by another word, and becomes "military brat," it becomes a term of endearment. The writer is correct.

Children who grow up in military families hold a very special place in the hearts of most Americans. They didn't volunteer for service. They didn't ask to be where they are. When their parents are called away to dangerous places, not only do they miss them, but it adds to worries that children should not have.

How difficult must it be for kids in military families to adjust when Mom or Dad is transferred to another state or country and the children must leave friends behind and go to another school.

These children are making a sacrifice just like their parents are doing. It is for this reason that the Secretary of Defense has designated every April as "The Month of the Military Child."

The Senate Armed Services Committee is also preparing a resolution to have Congress make the same declaration to recognize and honor the contributions that children in military families make to our country.

Military bases around the world set up

I hope [military children] understand that what they are going through will make them become stronger and better people. They will gain a special understanding of patriotism and loyalty that only someone in a military family can fully appreciate.

special activities that include parades and games just for kids. These are times when adults, military and civilian alike, honor the sacrifices of military children.

Making a sacrifice is never easy, but it is important for these kids to understand that their experiences connect them with other generations of military children who also made sacrifices so their parents could fulfill their duty to serve in our armed forces.

America would not have been founded and achieved its status as the greatest country in the world without the military and the brave and generous service of the troops who fought for freedom and the families they left behind.

Sacrifice for country is a time honored and respected tradition in America, especially in these difficult times.

I hope these children understand that what they are going through will make them become stronger and better people. They will

gain a special understanding of patriotism and loyalty that only someone in a military family can fully appreciate.

That is why so many children in military families follow in the footsteps of their parents. They come to understand that the military is more than just a job.

It is a way of life.

Speaking as Nebraska's United States Senator, I want to assure every child in a military family that their country is just as proud of them as it is of their parents who volunteered to defend this country and are being called to duty in dangerous areas around the world.

I hope when we take a moment to remember U.S. troops in our thoughts and prayers that we also think of their children – for they are also serving their country.

This article originally appeared on www.militarybrats.org.

ON THE STREET

What is the best thing about being a part of a military family?

– Compiled by Kathleen Clancy and Melanie Casey



Isaac Hall

Travelling around the world.



Chase Dixon

It was really neat when I got to live in Florida. I went to the beach almost every day and played soccer.



Rowan Costello

You get to be with a lot of really cool people and go to really cool places.



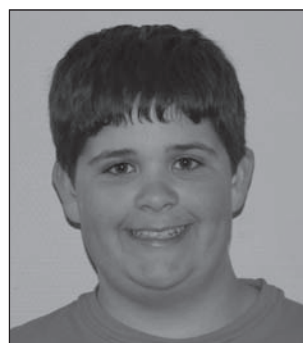
Tyler Vaughn

I'm really glad I live on base. A really awesome experience was going to London and Normandy.



Dyrell Harvey

I think I'm lucky to meet so many different teens my age. I've got friends from all over the U.S. I would say my horizon has been broadened.



Doug Rentz

You get to meet a lot of new friends.



Jacob Berkebile

You get to travel.



Rachel Riese

It's kind of cool that I can speak German. None of my friends back home can say that.

THE CITIZEN

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www.stuttgart.army.mil



And they're off! A record number of area residents start the Spring Fling 5K Race and Family Fun Run April 2 on Husky Field. In addition to marking the official beginning of Stuttgart's Month of the Military Child and Child Abuse Prevention Month campaigns, April 2 also saw the return of youth baseball and softball.

Celebrating fitness, fun & family

'Spring Fling 5K' highlights family-friendly day on Stuttgart's Patch Barracks

Story and photos by Melanie Casey

Some showed up in expensive running attire. Others showed up in sweats. Still others showed up in strollers or strapped to mom or dad's back. But a record 370 community members showed up to run or walk the Spring Fling 5K Race and Family Fun Run April 2 on Patch Barracks.

Held in conjunction with the local kickoff of April's Month of the Military Child and Child Abuse Prevention Month campaigns – and the start of Stuttgart's youth baseball and softball seasons – the event focused on fitness, family and fun.

Runners and walkers followed a scenic and sometimes hilly 5-kilometer trail that wound around Husky Field and through the woods outside the Patch back gate.

While some participants focused on the competitive portion of the event, many others took advantage of the pristine spring weather and enjoyed a walk through the woods – with several pushing strollers or carrying babies.

And with more than 100 of the registered participants under age 18, the event put the "family" in family fun run. "It was great to see [the kids'] smiles as they crossed the finish line," said Cory Doubek, 6th Area Support Group fitness coordinator and one of the event's facilitators.

Tight competition

Overall race winner Ronald Wallace finished with a time of 18:53. The first female to cross the finish line was 13-year-old Cait Gamble, who completed the nearly 3.1 mile course in 24:14.

The top three male and female finishers in each age category (12 and under; 13-19; 20-34; 35-49 and 50 and over) received medals, and all participants and spectators were treated to a free barbecue in the Patch Community Club – courtesy of 6th ASG Child and Youth Services.

Kickoff event

In the past few years, a small ceremony and proclamation-signing event marked the start of Child Abuse Prevention Month and Month of the Military Child in Stuttgart.

But Michelle Durgin, the local Spring Fling coordinator and Child and Youth Liaison for Education and Outreach Services, said that this year she wanted to start the month out in a fun way.

The result was the Spring Fling, a joint effort between the 6th Area Support Group Army Community Service, Sports and Fitness Office and Child and Youth Services.

"This event would not have been possible without interagency cooperation," Durgin said. "It was a great way to get the Month of the Military Child and Child Abuse Prevention Month off the ground. I think the month of April and all its meanings have more visibility than in years past."



Cait Gamble, 13, makes her way up the last hill before re-entering Patch Barracks during the Spring Fling 5K April 2. Gamble was the first female finisher with a time of 24:14.

The next local family fitness event will be the May 21 Cobblestone Classic. The 8K route will be open to both runners and walkers and will traverse the tank trails through the woods from Patch to Panzer.

Early registration for the race is May 9 to 19. The cost is \$5 for individuals and \$10 for families.

The cost to register May 20 and 21 (the day of the race) is \$10 for individuals and \$15 for families.

For details contact Cory Doubek at 430-5386/civ. 0711-680-5386.

News & Notes

Volunteers needed for cultural event

Volunteers are needed for Stuttgart's Asian American/Pacific Islander Heritage Month event, which is scheduled for May 17 on Husky Field.

Volunteers are needed to help plan and coordinate food and entertainment, set up, serve food and clean up after the event.

To help, call 6th ASG EEO Manager Sandie Wallace at 421-2649/civ. 0711-729-2649.

Wellness Ctr. offers pregnancy class

The Stuttgart Wellness Center is sponsoring a pregnancy orientation class May 10, 1 to 4 p.m., on the 2nd floor of Washington Center on Patch Barracks.

Learn about the German health care system; how to establish your baby's American identity; nutrition and fitness; Lamaze; car seat safety; and more.

To register call 430-8610/civ. 0711-680-8610.

SAS Summer Camp Registration

Child and Youth Services will hold registration sign-ups for School-Age Services Summer Camp April 25 to 29, 8 a.m. to 4:30 p.m., in building 2347 on Patch Barracks.

Registration for all non-CYS families will be available during the April 30 KidsFest on Patch.

Space is limited, so parents are encouraged to register early. SAS Summer Camp runs from June 20 to Aug. 26.

For more information call Michelle Durgin at 430-7483/7480/civ. 0711-680-7483/7480.

Girl Scouts seeks committee chair

The Stuttgart-based Girl Scouts of America seeks a volunteer overseas committee chair. Strong managerial, organizational and multi-tasking skills are desired. Interviews will be conducted beginning in April.

For more information or to apply call Lisa Beebe at 0712-781-1547 or e-mail BeebeUH60@yahoo.com.

MWR Marketing now hiring

The 6th ASG Morale, Welfare and Recreation Marketing Office on Kelley Barracks is now hiring for the following positions:

- **Courier** - An independent worker responsible for distributing First Choice Magazine around Stuttgart and updating local bulletin boards with MWR advertising. Must have a valid driver's license. Nonappropriated Funds, part-time (25-35 hours per week).

For more information call NAF HRO at 421-2191/civ. 0711-729-2191.

- **Writer** - Responsible for writing feature stories for First Choice Magazine, interviewing MWR staff and contributing ideas. Part time.

For more information call 421-2047/civ. 0711-729-2047 or e-mail sallie.cauthers@cmtymail.6asg.army.mil.

Protestant Women sponsor 'Dinner Out'

Leave housework, family and worries behind and join the Robinson Barracks Protestant Women of the Chapel for Ladies' Dinner Out May 3.

This monthly excursion offers a taste of the many local restaurants near RB. Bus departs promptly at 6:30 p.m. from the RB Chapel Annex.

For more information on this and other events call Gail at 0711-540-8909 or e-mail RBLBSSEC@yahoo.com.

Tobacco Cessation classes

Join the Stuttgart Wellness Center for Tobacco Cessation, a program that offers self-help tools and group support for eliminating tobacco dependency.

Classes are April 26 and May 3 and 10, 11 a.m. to noon in the Wellness Center on Patch Barracks and are open to all community members over the age of 18. Zyban and nicotine patches are available and free to all Tricare beneficiaries.

For more info or to register call Terry Gorham at 430-8209/civ. 0711-680-8209 or e-mail teresa.gorham@us.army.mil.

ACS seeks youth sponsors

Army Community Service is looking for youth sponsors in grades five to 10. This is a great way for Stuttgart youth to share their positive experiences and make new friends.

For more information call Kirsten Workman at 430-7176/civ. 0711-680-7176 or visit ACS in building 2307 on Patch Barracks.

Free weekend 'Cardio Blast' class

The Patch Fitness Center offers a free weekend Cardio Blast fitness class May 14, 10 a.m. to noon. The class includes step, kickboxing and sculpting.

Recalling the horrors of Holocaust

Survivor, daughter of survivors visit Patch High School, recount experiences

Story & photo by Melanie Casey

One of Helene Schniederman's most daunting childhood memories includes seeing pictures of men removing charred human remains from an oven.

The images, tucked away in a drawer by her Holocaust-survivor father, haunted her when she was growing up. "My childhood had a cloud that hovered over me," she said. "I couldn't understand how people could kill other people in such a hateful way."

To commemorate Holocaust Week of Remembrance (traditionally held during the first week of April) Chaplain (Maj.) Terry Hayes from the 6th Area Support Group Chaplain's Office invited Schniederman and Holocaust-era survivor Rachel Dror to speak to Patch High School students April 6 about their experiences.

A history of horror

Although Schniederman did not personally suffer at the hands of the Nazis during the Holocaust years, her parents did: Her father spent four years in Dachau and other concentration camps and her mother spent six months in Auschwitz, perhaps the most notorious of all Holocaust concentration camps. Both survived and now live in the U.S.

Schniederman – an internationally famous opera singer based in Stuttgart – speaks to groups about her and her parents' experiences with the Holocaust to promote "a message of tolerance. Out of 400 kids, if even 20 get it, it's a general awakening for them," she said. "It's an important thing."

Rachel Dror, whose parents both died at the hands of Nazis in Auschwitz, recalled her experiences during the Holocaust era. She only survived, she said, because she was never placed in a camp.

Instead, she fled to Palestine to live with an aunt after witnessing the destruction wreaked upon German Jews during the infamous Nov. 9, 1938, *Kristallnacht* – during which most of the synagogues in Germany were burned and many Jewish businesses and homes were destroyed.

Having no connection with her parents while living with her aunt during the war, Dror said she only found out that they died in Auschwitz after a survivor (who recognized her from a photo her

When the rights of others are impaired, you should speak out.

Helene Schniederman

Daughter of Holocaust survivors

father had) found her in 1952 and told her.

She learned that German Soldiers found her parents living in Italy and took them to Auschwitz, where they were to be separated. "Those who lined up on the left side were healthy [and could work]," Dror said. "Those on the right went straight to the stove."

Dror's father, who she said would have been placed on the left side, chose instead to go to the right side with his wife. Both were murdered at Auschwitz shortly thereafter.

Dror works with young people in synagogues and, like Schniederman, relates her story at schools throughout Germany.

Messages of hope

"You have to be open," Dror told the assembled PHS student body. "Hear [and] see everything. If you see something wrong, tell someone who can change it. Open your eyes ... young people have to be open in the world and accept everything. Looks, religion, those who are sick, accept them as human beings," she said. Schniederman echoed this sentiment, telling the students, "when the rights of others are impaired ... you should speak out."

Most of the students were held rapt as the speakers related their stories, and several students stopped to visit with Schniederman and Dror when the event was over.

"It was a neat first-hand experience of the Holocaust," said eighth-grader Chris Pais, "something we should all learn about because it's an important part of history in Germany."



Helene Schniederman speaks to Patch High School students April 6 about her parents' experiences during the Holocaust. Rachel Dror, whose parents were both killed at Auschwitz in 1944, is in the background.

AVID applications now available in the Patch High School front office.

AVID (Advancement Via Individual Determination) is a college preparatory academic elective for above average students who are not working to their full potential.

Students must:

Have a GPA of 2.0 to 3.5

Have above average standardized test scores

Have a teacher recommendation

Sign a contract committing themselves to preparation for college

For more information contact AVID Coordinator Claire Dickmeyer at 430-5188/civ. 0711-680-5188 after 3 p.m.

International Focus

ASIAN PACIFIC AMERICAN HERITAGE MONTH

Asian Pacific American Month Celebrations

STUTTGART

Lunch Celebration

In honor of Asian Pacific American Heritage Month, enjoy the cultural music and dance of The Island Dancers, performing dances representing six Pacific islands:

Tahiti
New Zealand
Philippines

Hawaii
Samoa
Fiji

During the show, sample delicious chicken fried rice, spare ribs, steamed buns, mini vegetable lumpia, kropeck with sweet and sour sauce and more.

When: May 17
Time: 11:30 a.m. - 1 p.m.
Where: Huskey Field
Fee: Free

For more information contact the Equal Opportunity (EO) office at 421-2684/Civ. 0711-729-2684.

GARMISCH

Luau

Attend a fantastic afternoon luau featuring food samples of ethnic Asian Pacific specialties, games, cultural displays, crafts, and entertainment.

When: May 21
Time: 1 - 5 p.m.
Where: Pete Burke Center
Fee: Free

For more information contact Kelly San Nicolas at Civ. 08821-966-7410 or Patricia Howe at 750-3777/Civ. 08821-750-3777.

GET FRIENDLY

There are many ways to say "hello" during Asian Pacific American Heritage Month and always!

Language	Where This Language is Officially Spoken	How to Say Hello
Hawaiian	Hawaii	Aloha
Japanese	Japan	Kon-nichiwa
Mandarin	China	Ni hao
Taiwanese	Taiwan	Pêng-an
Thai	Thailand	Sa-wat-dee
Vietnamese	Vietnam	Xin chào ("Seen chaw")
Tagalog	Philippines	Kumusta
Malaysian	Malaysia	Helo
Majel	Marshall Islands	Yokwe
Indonesian	Indonesia	Halo
Hindi	India	Namaste
Korean	Korea	An-nyong Ha-se-yo

Stuttgart Spring Cleanup

May 4, noon, administration areas

May 5, noon, housing areas

- Clean all trash around buildings.
- Clear basements and common areas of accumulated debris.
- Clean and label barbeque grills.
- Flowers and lawn and garden equipment are available for on-post residents. Contact your installation coordinator.

Patch IC: 430-5450/civ. 0711-680-5450; Panzer IC: 431-2806/civ. 07031-14-2806; Kelley IC: 421-2202/civ. 0711-729-2202; Robinson Barracks IC: 420-6033/civ. 0711-820-6033.

Broadcast team amplifies efforts of 6th ASG Public Affairs Office

6th ASG
Public Affairs Office

The 6th Area Support Group Public Affairs Office has added a new weapon to its command information arsenal – broadcast power.

Former Army sergeant Tom Arnholt, a public affairs broadcaster previously stationed at American Forces Network, Heidelberg, and 6th ASG media liaison Terri Alejandro have joined forces to bring the Stuttgart community to the airwaves.

The primary purpose in establishing the new broadcast section is to increase coverage of the Stuttgart community's news and upcoming events.

"You could always tune into AFN and hear a whole lot about what was going on in Heidelberg, Darmstadt and Mannheim," Alejandro said, "but not so much about Stuttgart."

Getting local support from AFN also became more difficult when several of their broadcasters either moved or deployed.

Being located 80 miles from the station didn't help, either. Previously, Arnholt and Alejandro drove to the studio in Seckenheim weekly to do an on-air show.

While there, they would also use AFN's studio equipment to produce radio spots.

"Half a day out of the office and we would only have about 15 minutes of live airtime and get to record a couple of 30-second spots – we weren't getting a lot of bang for our buck," Arnholt said.

Building the team

Getting started proved to be easier said than done. Enlisting the support of 6th ASG command was key and having a knowledgeable broadcast professional on hand was invaluable.

Arnholt's experience with the hardware and software used in news production ensured the team purchased the right equipment to get the ball rolling. "Tom knew exactly what equipment and software we needed to make our finished products compatible with AFN," said Alejandro.

The team can now record, edit and produce complete, ready-to-air spots which are then sent to AFN for broadcast.

And instead of a lengthy drive each week, getting connected to Heidelberg takes only a telephone cord. The use of a COMREX device allows a direct connection to the disc jockey at AFN and the studio's control panel.

"The COMREX opens up a whole world of possibilities in promoting local events on live radio," Arnholt said.

Listeners can now hear information about their community from people they know. Alejandro says her goal is to have program managers and organizations actively participate in advertising their programs and take ownership to ensure success.



Hugh C. McBride

6th ASG broadcasters Tom Arnholt (right) and Terri Alejandro work with a COMREX device at the Public Affairs Office. The device helps allow the broadcast team to transmit live to AFN. Arnholt and Alejandro will broadcast live from a different location Fridays, 4:30 to 6 p.m., on AFN FM radio channel 102.3.

The live remotes will serve several purposes, from luring patrons to events in progress to highlighting services or activities offered at a particular Morale, Welfare and Recreation locations.

The live remote

That theory was put to the test at the new broadcast team's first live remote, which took place April 1 from the patio outside of the Patch Youth Services when the "Tom & Terri Show" joined the AFN Afternoon Overdrive radio program and interviewed local residents live on AFN radio (heard locally on FM 102.3).

During the hour-long live session, the team spoke with Stuttgart Little League President Kelly Measells about the opening day of Little League season; 6th ASG Child Youth Liaison for Education and Outreach Services Michelle Durgin about the Spring Fling 5k Race and Family Fun Run and other upcoming Month of the Military Child events and Steve Sanders, assistant director of 6th ASG Sports and Fitness, about the April 2 "Battle of the Titans" boxing event as well as future sports and fitness events.

The participants had plenty of information to offer about their programs and upcoming events.

"You never used to hear Stuttgart information on the radio. Now I hear it all the time," Measells said, adding that the PAO's new broadcast capability "reaches a fundamental thing in us all – to hear about our community in a professional venue – and this is very professional."

The live remotes will serve several purposes, from luring patrons to events in progress, such as the 24 Hour Marathon or

the Panzer USO Grand Re-opening, to highlighting services or activities offered at a particular MWR location such as Army Community Service or the Gussy Goose.

"Whatever the event or activity, having live shows brought to you from your own backyard gets people involved," Alejandro said.

"How many people are in their offices or cars hearing this?" Durgin said of the April 1 live remote. "[Broadcasting] will increase word of mouth advertising, which you can't beat."

Phase one

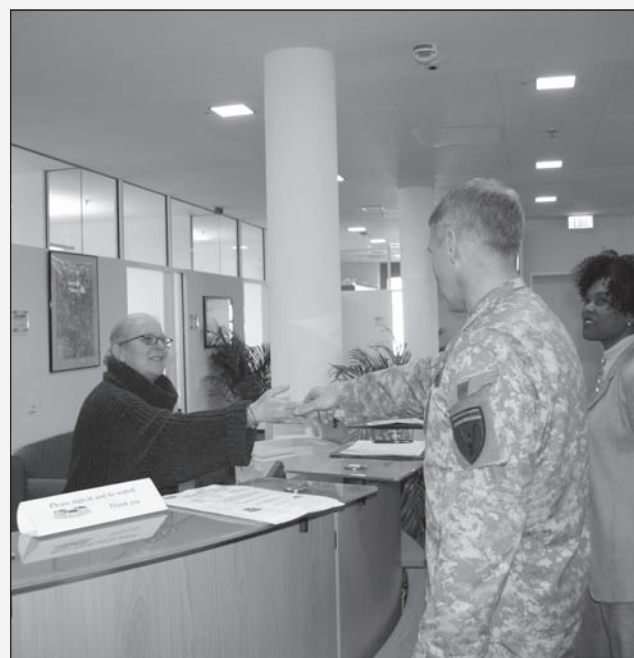
Live radio is only the first phase of expanding the way the Stuttgart community gets its information.

The next step: television. "In the future, we will be doing the same types of news and advertising as we do during a broadcast, except we'll be producing video as well," Arnholt said.

"We will be able to produce a spot about a championship-winning softball team or a Soldier of the Year and have it aired on any AFN television affiliate," Arnholt said. The capacity for recording television spots should be in place later this year, Alejandro added.

Until then, Arnholt and Alejandro can be heard broadcasting live every Friday from 4:30 to 6 p.m., from a location near you.

For more information about 6th ASG broadcasting call 421-2000/civ. 0711-729-2000.



U.S. European Command Chief of Staff Lt. Gen. Colby Broadwater III greets Helga Dantzler of the 6th Area Support Group Housing Office during a tour of the new facility April 14. Looking on is Housing Office Director Mary Wood.

Community services begin move to Panzer

Story and photo by Melanie Casey

Several 6th Area Support Group service offices have recently relocated to Panzer Kaserne, and many more will soon follow suit.

The new Welcome Center in Panzer Kaserne building 2913 offers Stuttgart residents both new and old one stop shopping. The center includes the following offices, which have recently moved from Patch Barracks:

- Inprocessing for service members
- Housing - both on and off post
- Transportation - including shipment and storage of household goods.
- Driver's License testing
- Military Police Customs
- Sato Travel (the Patch office remains open)

The Welcome Center also houses the Deutsche American Kantina, which relocated from another Panzer building.

Other community services that have also moved to Panzer from Patch include the Central Issue Facility, which is in building 2931 across from vehicle registration.

Community center coming

On the horizon is a community center, which will be located in building 2915, adjacent to the Welcome Center.

The Community Center will house Army Community Service, the Stuttgart American Red Cross and the USO as well as a Community Bank, Service Credit Union and Army Post Office, said Jim Grady, Directorate of Public Works deputy director.

Also planned for Panzer is a large Post Exchange that will be located across the street from the Welcome Center. Work on both projects begins later this year, Grady said.

Moving the services to Panzer not only creates a place where community members can complete all of their inprocessing requirements in one location, it also has the added benefit of creating more parking spaces on Patch. "Not only does the center offer more convenience for our customers," said 6th ASG Deputy to the Commander Joseph Moscone, "it has helped with the parking crunch at Patch."

Added bus service

To facilitate community members' use of the new Welcome Center, the 6th ASG has implemented the "Panzer Express" shuttle bus service from Patch Barracks, which runs essentially on the hour, Moscone said.

"The new Welcome Center has provided our community with a true consolidated inprocessing facility that takes care of many of [residents'] needs with one stop," Moscone said.

For the new phone numbers to all of the already opened services on Panzer Kaserne, visit www.stuttgart.army.mil and click on "Installation Guide."

Advocate aids victims of domestic violence

New member of ACS team helps overcome effects of abuse

By Terri Alejandro

The word “advocate” has powerful connotations. Signifying a supporter and defender or one who pleads on another’s behalf, the term also suggests a willingness to take responsibility in helping others.

This responsibility is one that Ellie Benavides, the 6th Area Support Group’s Domestic Violence Victim Advocate, takes very seriously.

Benavides recently joined the Army Community Service team to provide advocacy services to any community member experiencing, or affected by, domestic violence.

On behalf of a client, Benavides coordinates with police and medical personnel to get the client out of immediate danger, treat any injuries and provide shelter in a safe place. Longer-term resources such as counseling or financial and legal assistance are also available.

The scope of services she provides differs based on a client’s specific needs, but one common thread connects every client – in Benavides, they have someone on their side, someone who will listen.

“I want the community to know that help is available; there is an advocate,” Benavides said.

Armed with a degree in criminal justice and sociology, Benavides entered community service as a juvenile probation officer. That, coupled with her experience in Child Protective Services, opened her eyes to the fact that there were a lot of people who needed help to make a difference in their lives.

After relocating to Barstow, Ca., with her husband, Benavides was offered the opportunity to do exactly that. She began working as an advocate, providing assistance to those in serious need. “This was not some back-door operation hidden from the general public; there was a sign in big bold letters that said ‘Domestic Violence Outreach Center.’ People knew this was a place where they could get help,” Benavides said.

Help is too simple a word to describe the wide spectrum of tasks performed by an advocate.

Duties range from facilitating support groups and accompanying clients to court to typing restraining orders and setting up medical appointments and, above all, listening.

“No training is going to prepare you for the level of involvement you’ll face and the things you’re going to hear,” she said. “You can read about it, but you don’t learn it until you work with it,” Benavides said.

To increase awareness and understanding, the shelter’s director enlisted the support of the local mayor and involved the community. “Yes, it’s unpleasant,” Benavides said, “but domestic violence has to be brought out of the closet.”

Eliminating the ‘dirty little secret’ stigma associated with victims and abusers is the toughest challenge faced by advocates and victim outreach programs.

Creating an environment where victims feel comfortable and safe while telling their story is half the battle, Benavides said. “We’re here to help, but they have to open the door.”

Asking for help

Those who have never experienced or been exposed to domestic violence might find it hard to understand how difficult it is for a victim to make that initial call for help. “Victims often feel that they have done something wrong or that they are the only one this has happened to,” Benavides said.

Shame, fear, embarrassment and isolation are only a few of the factors which make victims reluctant to seek assistance. Fear of retribution from the abuser or fear of losing social standing often paralyzes the victim into inaction. It is these fears that allow the abuse to continue and the cycle to remain unbroken. Sadly, the tendency is often to blame the victim for not getting out of the situation. “The question we should ask is not ‘Why is the victim staying?’ but ‘Why is the abuser abusing?’” Benavides said.

Building rapport

The toughest part of the job is creating a comfort level between the victim and the advocate. Benavides stressed that it doesn’t have to happen immediately or all at once; people can take all the time they need to tell their story at their own pace. “I am here first and foremost to listen,” said Benavides. Fear of judgment is a powerful incentive against asking for help.



Benavides

This is the first of a two-part series. See our **May 10** edition for information about ACS Sexual Assault Response Coordinator Holly Munoz.



photo illustration by www.photos.com

Domestic violence – in which one person in a relationship uses violence to control another person – can have devastating consequences across generations, as children of abusive parents are more likely to become abusers themselves. In Stuttgart, 6th Area Support Group Domestic Violence Victim’s Advocate Ellie Benavides is available to assist any community member who has experienced or been affected by domestic violence.

Eliminating the stigma associated with victims and abusers is the toughest challenge faced by advocates and victim outreach programs. Creating an environment where victims feel comfortable and safe while telling their story is half the battle.

Some callers may only ask questions, while others may call in dire need of emergency shelter.

Throughout the process, a victim advocate provides a patient ear, kindness, understanding, discretion and, above all, respect. “To get to the point of taking steps to help yourself or feeling strong enough to finally report abuse takes tremendous personal courage – to do that is deserving of respect,” said Benavides. It also takes skill and effort to navigate the delicate process of building rapport with a client. “You may be up against months, years, even decades of abuse; it takes time,” Benavides said. She knows well that she has to earn a client’s confidence and trust before she reaches her goal – empowering the victim to take the necessary steps to end the abuse and break the cycle.

Pattern of violence

Domestic violence is pervasive, encompassing all social strata and affecting men and women of every age. Spousal abuse, elder abuse and child abuse are the most commonly heard forms of domestic violence, but the parameters of abuse are much greater. “There isn’t a simple demographic available to describe abusive behavior,” Benavides said.

By definition, domestic violence is a behavior used by one person in a relationship to control the other. It can be manifested by mental, emotional, sexual or physical violence. Partners may be married or not married; living together; separated or dating; male or female.

Statistics show that a child’s exposure to abuse is the strongest risk factor for transmitting violent behavior from one generation to the next: 85 percent of children growing up in a household with domestic violence become either an abuser or victim. Other statistics include the following:

- Family violence costs the nation from \$5 to 10 billion in annual medical expenses.
- There are 1,500 shelters for battered women in the U.S., compared with 3,800 animal shelters.

How a victim advocate can help

- Provides shelter for abuse victims
- Develops safety plans
- Assists with legal & medical issues
- Coordinates financial assistance
- Coordinates counseling services
- Provides information and referrals

Help is always available

• Ellie Benavides – 430-4437/civ. 0711-680-4437 (during duty hours only) or 0176-262-48894 (after hours).

• The Stuttgart Provost Marshal’s Office can also contact Benavides if necessary. Call 430-5262/civ. 0711-680-5262.

Stuttgart 2nd-grader inspires tsunami relief effort

Böblingen Elementary student starts multi-school campaign for victims of Asian disaster

"From our own experiences, we know that nothing can take away the grief of those affected by tragedy. We also know that Americans have a history of rising to meet great humanitarian challenges and of providing hope to suffering peoples. As men and women across the devastated region begin to rebuild, we offer our sustained compassion and our generosity, and our assurance that America will be there to help."
(President George W. Bush, Jan. 3, 2005)

By Christine Castro

President Bush's words rang true for many Americans across the nation as community members gave from their hearts in response to the 2004 tsunami.

One young Stuttgart resident demonstrated that adults are not the only ones who were inspired to offer assistance in the wake of this disaster.



Levitt

Immediately following a news report of the devastation in Southeast Asia caused by the Dec. 26 tsunami, 7-year-old Claire Levitt, a second grader at Böblingen Elementary School on Panzer Kaserne, decided she wanted to do something to help the victims. "I wanted to give them some money so they could get their lives back together," Claire said.

With the help of her mother Joyce, Claire wrote a letter to appeal to the hearts and minds of other children, and asked others to join her in gathering supplies needed to send to the victims in Sri Lanka.

Claire's letter was printed and attached to the school's newsletter, which is distributed to every family in the school. This initiated a school-wide relief effort, ultimately united with the efforts of Sembach elementary and middle schools.

The small coastal village of Korelawella, Sri Lanka, was chosen as the destination for their support.

Joyce Levitt said they chose this small village because, "though a lot of aid been sent to Sri Lanka, little has filtered out to smaller villages and towns."

According to the Air Force Print News, local officials in Columbo, Sri Lanka, reported that of the total 38,000 estimated dead, 40 percent were children.

Through the combined efforts of Claire, Joyce, Böblingen Elementary School and Sembach-area schools, boxes of supplies and basic necessities such as bandages, band-aids, ointments, toothbrushes, toothpaste and soaps were sent to the people of Korelawella.

Bug repellent was also sent in large quantities as mass flooding from the tsunami and heavy rains caused a severe mosquito problem.

In addition to basic necessities, the children and their families sent school supplies such as pencils, pens, paper, erasers, rulers and notebooks to schools that had been damaged by the tsunami.

In addition to sending supplies, Claire and her mother wanted to do something extra special.

So students created paintings, pictures and drawings for the children in Korelawella to place on their walls as a reminder that "someone else in the world was thinking about them and cares

The following is the appeal that second-grader Claire Levitt wrote to begin a tsunami-relief campaign among elementary students in Böblingen Elementary School on Panzer Kaserne and on Sembach Air Base:

The Tsunami Wave

By Claire Levitt

The big wave hit December 26, 2004 the day after Christmas. It hit in many countries in Asia like Sri Lanka, India and Thailand. The beach surrounds these countries. There are many people who live in Asia. A very bad thing happened that day.

This is what happened. An earthquake under water caused a big wave.

People were on the beach, swimming and having fun. All of a sudden, the water was gone.

The people saw a big wall of water out in the ocean and it was the wave. The big wall of water was coming toward them.

Many people ran and some just stood still thinking that the wave wouldn't hurt them, because a big wave like that had never happened to them before.

The wave was so fast that the people who were standing there didn't have time to get somewhere safe. Some people grabbed on to trees so they wouldn't be washed away. A lot of people lost their families, too.

Many people have no homes. Children who go to school have classes under trees because there are no more buildings.

I think that we need to help these people. I think that it would be nice to help them by collecting things they need. We might be able to adopt a school, too.

Helping the people in Asia is like helping a friend who needs help.

that they should heal," Claire said.

Levitt explained why Claire had such an interest in helping the tsunami victims. The 2004 tsunami was not Claire's first connection with tsunamis. Prior to the Levitt's arrival in Stuttgart, they were stationed in Korea, where tsunamis were common.

"This helped her to relate to the story about the tsunami in Sri Lanka," Levitt said.

"Claire has always been very caring of others," said Levitt. "I like to help somebody, it makes me feel happy," Claire added.

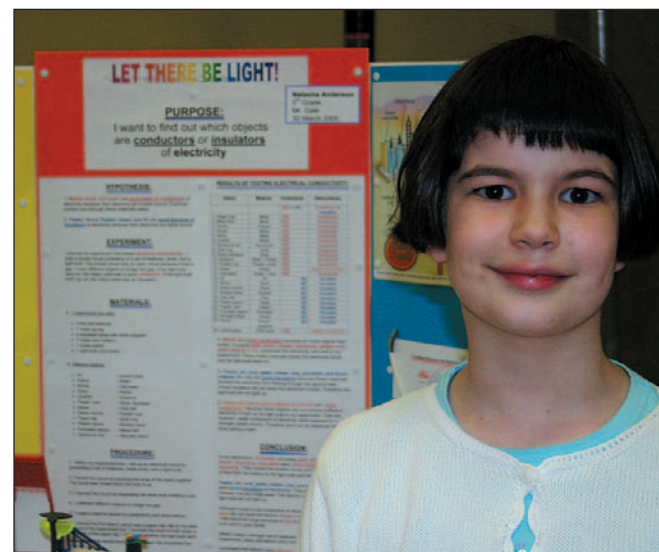
Levitt said that she feels it is important to teach children to be caring of those who are less fortunate than they are at an early age.

She suggested teaching them to put money aside for charities. "Volunteering will come naturally. Build upon it early and it becomes a lifelong attribute or trait," Levitt said.

Levitt offered that Claire's actions serve as a reminder that the efforts of one person, no matter how small, do matter.

And everyone in the community has the opportunity to make a difference.

Claire said that when she grows up, she would like "to write stories about what happens every day."



Böblingen Elementary School student Natasha Anderson poses in front of her experiment display during the school's March 30 science fair and expo. Projects were graded on originality and creativity along with oral and visual presentation.

Young scientists display work on Panzer

Story & photo by Christine Castro

Scientific-minded students from Böblingen Elementary School filled the BES gymnasium with show-cases of exploding, popping and fizzing projects March 30 during the school's science fair expo.

Students in grades kindergarten to sixth presented a myriad of projects to compete in the following categories: Astronomy, Biology, Chemistry, Earth Science, Engineering, Mathematics, Physics and Technology. One judge noted that physics was a very popular subject this year.

Projects were judged on originality and creativity, research techniques used, amount of work and organization, validity of information, evidence of knowledge gained, and oral and visual presentation.

BES principal Margret Deatherage said quality of the students' efforts made the judging process a difficult one. "There were so many really good projects, and they all deserved the Einstein [first place] award," Deatherage said.

Diversification

The projects displayed a wide range of creative approaches to science. For example, student Brooke Lyonnaise explained why your body feels heavy under water, stating "water is matter, and matter has weight."

Another young scientist, Briggen Bownas, said that she learned elasticity is not just based on temperature, but also depends on an object's weight and the surface it hits.

Other exhibits included a solar powered hot dog cooker, radar technology, tornadoes and volcanoes, dinosaur fossils, force and motion and solar exploration.

One student, who had tested different types of paper products in water, bleach and other additives for five days, concluded that toilet paper is the best product to prevent sewer blockage.

Importance of Science

Deatherage said the fair is important to the students because "science is everything under the sun, to include the sun – nothing can operate without science."

Jeremy Simpson, a kindergarten teacher and volunteer science expo coordinator, echoed Deatherage's comments, noting that the event served to "build enthusiasm for science."

Increasing math and science awareness is a component of BES's school improvement plan, Simpson noted. An excellent means for doing this, he continued, is to encourage the involvement of parents and other community members.

Participating in hands-on science projects and experiments allows students to take science out of the abstract and see it in a tangible sense and relate it to aspects of their everyday lives.

For more about Böblingen Elementary School call 431-2715/civ. 07031-15-2715 or visit the BES Web site at www.stut-esb.eu.dodea.edu.

Youth sponsors wanted

- Army Community Service is looking for youth sponsors in grades 5 to 10.

- Youth sponsors help welcome new community members to Stuttgart.

- This is a great way to share experiences and make new friends.

For more information call Kirstin Workman at 430-7176/civ. 0711-680-7176 or visit ACS on Patch Barracks (building 2307, 2nd floor).



Medal of Honor awarded to 3rd Infantry Division Soldier

Sgt. 1st Class Paul Ray Smith first MOH recipient from Operation Iraqi Freedom

Smith earns award for heroics while under attack

Army News Service

On April 4, 2003, the 1st Brigade Combat Team, 3rd Infantry Division, attacked to seize Objective Lions, the Baghdad International Airport.

As part of the brigade scheme of maneuver, Task Force 2-7 Infantry was tasked to establish a blocking position against a brigade-sized counterattack on the main entrance to the airfield. Task Force 2-7 had been fighting for three consecutive days and had moved through the night before reaching the blocking position.

Morale was high, but Soldiers were experiencing fatigue. B Company, 3rd Battalion, 69th Armored Regiment (Knight) was in the east-most position oriented along the main avenue of approach ready for the main enemy counterattack. A Company, 2nd Battalion, 7th Infantry Regiment (Rage) was attacking to the southeast of the Highway.

The main entrance to the airfield was a four-lane highway with a median to separate incoming and outgoing traffic. Large masonry walls with towers approximately 100 meters apart bound the highway. On the morning of April 4, more than 100 soldiers from the Task Force 2-7 Forward Aid Station, mortars, scouts and portions of B Company, 11th Engineer Battalion were in the median behind the forward most blocking positions.

The B Company, 11th Engineer Battalion 2nd Platoon Leader was on a reconnaissance mission with the B Company, Task Force 2-7 Infantry Commander. During his absence, 2nd Platoon received the mission to construct an Enemy Prisoner of War holding area.

Sgt. 1st Class Smith was in charge of 2nd Platoon.

Smith assessed the best location to be behind the masonry wall bounding the highway. Two guard towers along the wall were ideally situated to provide overwatch to the holding area.

An M9 armored combat earthmover knocked a hole in the wall to create an opening to a large courtyard with a louvered metal gate on the north side. With the help of a squad leader and team leader, Smith checked the far side of the courtyard for enemy, found none, and posted two guards.

From the guard post at the gate, small groupings of buildings were 100 to 200 meters to the northeast. To the northwest, a large white building with a white dome was visible. The location seemed perfect as the courtyard was along the northern flank of the blocking position and enemy actions to this point were mostly from the east.

While an engineer squad began to clear debris in the courtyard, one of the guards saw 10 to 15 enemy soldiers with small arms, 60mm mortars, and rocket-propelled grenades. These were the lead elements of an organized company-sized force making a deliberate attack on the flank of Task Force 2-7.

Smith came to the position and identified 25 to 50 more Soldiers moving into prepared fighting positions. Smith instructed a squad leader to get a nearby Bradley Fighting Vehicle for support. While waiting for the Bradley, Smith had members of 2nd platoon retrieve AT-4 weapons and form a skirmish line outside the gate.

By this time, the number of enemy identified rose to 100 Soldiers, now a confirmed company-sized attack.

Three of B Company's M113A3 armored personnel carriers oriented .50-caliber machineguns toward the opening in the wall and the surrounding guard towers, now occupied by enemy soldiers.

Smith's actions to organize a defense against the deliberate attack were not only effective, but inspired the B Company, 11th Engineer Battalion Soldiers.

He then began to lead by example. As the Bradley arrived on site and moved through the hole in the wall toward the gate, Smith ran to the gate wall and threw a fragmentation grenade at the enemy. He then took two Soldiers forward to join the guards and directed their



courtesy Army News Service

Sgt. 1st Class Paul Smith poses with his weapon while serving in Iraq. Smith was the first service member to be awarded the Medal of Honor for actions during Operation Iraqi Freedom. He was killed in action April 4, 2003.

engagement of the enemy with small arms. The enemy continued to fire rifles, RPGs, and 60mm mortars at the Soldiers on the street and within the courtyard. Enemy Soldiers began moving along the buildings on the north side of the clearing to get into position to climb into the towers.

Smith called for an APC to move forward to provide additional fire support. He then fired an AT-4 at the enemy while directing his fire team assembled near the front line of the engagement area.

Running low on ammunition and having taken RPG hits, the Bradley withdrew to reload. The lead APC in the area received a direct hit from a mortar, wounding the three occupants.

The enemy attack was at its strongest point and every action counted. Not only were the wounded Soldiers threatened but also more than 100 Soldiers from B Company, the Task Force Aid Station, and the mortar platoon were at risk.

Smith ordered one of his Soldiers to back the damaged APC back into the courtyard after the wounded men had been evacuated. Knowing the APC's .50-Cal. machinegun was the largest weapon between the enemy and the friendly position, Smith immediately assumed the track commander's position behind the weapon, and told a Soldier who accompanied him to "feed me ammunition whenever you hear the gun get quiet."

Smith fired on the advancing enemy from the unprotected position atop the APC and expended at least three boxes of ammunition before being mortally wounded by enemy fire. The enemy attack was defeated.

Sgt. 1st Class Smith's actions saved the lives of at least 100

Smith's actions to lead Soldiers in direct contact with a numerically superior enemy ... demonstrates conspicuous gallantry above and beyond the call of duty.

Soldiers, caused the failure of a deliberate enemy attack hours after 1st Brigade seized the Baghdad Airport, and resulted in an estimated 20 to 50 enemy Soldiers killed. His actions inspired his platoon, his Company, the 11th Engineer Battalion and Task Force 2-7 Infantry.

Smith's actions to lead Soldiers in direct contact with a numerically superior enemy – to personally engage the enemy with a fragmentation grenade, AT-4, and individual weapon, to ultimately assume the track commander's position to fire the .50-Cal. machinegun through at least three boxes of ammunition before being mortally wounded – demonstrates conspicuous gallantry above and beyond the call of duty.

Smith's actions prevented a penetration in the Task Force 2-7 sector, defended the aid station, mortars, and scouts, and allowed the evacuation of Soldiers wounded by indirect enemy fire.



Staff Sgt. Rebecca Critser

President George W. Bush presents the Medal of Honor to 11-year-old David Smith, son of Sgt. 1st Class Paul Smith, during a April 4 ceremony at the White House.

President Bush presents Medal of Honor to Soldier's son

By Eric W. Cramer
Army News Service

An American Soldier's family received the highest military recognition, the first Medal of Honor for Operation Iraqi Freedom, from President George W. Bush in the East Room of the White House April 4.

Bush presented the Medal of Honor to David Smith, the 11-year-old son of Sgt. 1st Class Paul R. Smith, who was killed April 4, 2003 in an action outside the then-Saddam Hussein International Airport.

The president quoted a letter Smith wrote to his parents, but never mailed, saying he was willing to "give all that I am" so that his men would return home. "On this day two years ago, Sgt.

Smith gave his all for his men. Five days later, Baghdad fell, and the Iraqi people were liberated," Bush said.

"And today, we bestow upon Sgt. Smith the first Medal of Honor in the war on terror. He's also the first to be awarded this new Medal of Honor flag, authorized by the United States Congress. We count ourselves blessed to have soldiers like Sgt. Smith, who put their lives on the line to advance the cause of freedom and protect the American people."

Typical American

"When he joined the Army, he was a typical young American," Bush said. He liked sports, he liked fast cars, and he liked to stay out late with his friends – pursuits that occasionally earned him what the Army calls 'extra duty.' : scrub-

bing floors."

The president said Smith underwent two life-changing experiences.

Bush said the first experience was meeting his wife Birgit while he was stationed in Germany.

The second great change in Paul's life would come when he shipped off to Saudi Arabia to fight in the first Gulf War.

There the young combat engineer learned that his training had a purpose and could save lives on the battlefield. "Paul returned from that war determined that other Soldiers would benefit from the lessons he had learned," Bush said.

Stickler for detail

"Paul earned his sergeant's stripes

and became known as a stickler for detail. [His] seriousness wasn't always appreciated by the greener troops under his direction," Bush said. "Those greener troops oftentimes found themselves to do tasks over and over again, until they got it right.

Specialist Michael Seaman, who is with us today, says, 'He was hard in training because he knew we had to be hard in battle.' Seaman will also tell you that he and others are alive today because of Sergeant Smith's discipline."

"Sgt. Smith's leadership saved the men in the courtyard, and he prevented an enemy attack on the aid station just up the road," the president said. "[He] continued to fire until he took a fatal round to the head. His actions in that

courtyard saved the lives of more than 100 American soldiers."

A Soldier volunteer

"Like every one of the men and women in uniform who have served in Operation Iraqi Freedom, Sergeant Paul Smith was a volunteer. We thank his family for the father, husband and son and brother who can never be replaced," the president said.

"We recall with appreciation the fellow soldiers whose lives he saved, and the many more he inspired," Bush said. "And we express our gratitude for a new generation of Americans, every bit as selfless and dedicated to liberty as any that has gone on before – a dedication exemplified by the sacrifice and valor of Sergeant First Class Paul Ray Smith."



Staff Sgt. Rebecca Critser

Shortly after the unveiling of her late husband's new headstone, Briget Smith visits his grave at Arlington National Cemetery. The headstone ceremony occurred April 5, the day after Sgt. 1st Class Paul Smith's family accepted the Medal of Honor on his behalf.

Medal of Honor: A symbol of valor through history

By Eric W. Cramer
Army News Service

Although it has always been awarded for action above and beyond the call of duty, the Medal of Honor has undergone changes in both appearance and function since its creation during the Civil War.

When Abraham Lincoln signed the law authorizing the first medals, in 1862, the award excluded officers and was for enlisted men only, said Carol Cepregi of the Congressional Medal of Honor Society in Mount Pleasant, S.C.

"In 1863 they passed a new law extending the medal to officers. That was passed before any of the medals were actually awarded," Cepregi said.

Information from the society's Web site discuss points out the medal's appearance has changed over the years, but whatever the service or version, the criteria for receiving the medal have always involved service beyond the call of duty. Until 1940, Cepregi said, that service did not have to include combat.

"The medal was awarded to sailors who jumped overboard to save other sailors. Admiral Richard Byrd received the medal for this polar explorations, and Charles Lindberg received it, too," Cepregi said.

Many medals were reviewed and rescinded in 1917. "After the Civil War, a lot of people submitted themselves for the award – they'd write in saying they were entitled to the medal," Cepregi said.

The Army established a board in 1916 that reviewed the medals already received and purged those that it felt weren't warranted. The commission eliminated 911 names.

Today there are 125 surviving recipients of the Medal of Honor, 46 from World War II, and the remainder split between actions in Korea and Vietnam.

The current Army, Air Force and Navy versions of the Medal of Honor.



Helping children deal with deployments

Young family members may need extra time, reassurance

By Christine Castro

Children of service members face several challenges, including frequent moves, changing schools and adapting to new cultures.

While all of these events can be stressful, perhaps the most difficult situation faced by military children is the deployment of a parent.

Experienced spouses

Spouses of service members in high-deployment career fields become experts in dealing with separation – but experts caution that being familiar with having a deployed family member doesn't necessarily make things easier on those at home.

"[Deployment] can be difficult for any family, no matter how strong they are," said Keita Franklin, 6th Area Support Group Family Advocacy Program manager.

Communication is essential

Children deal with stresses in a variety of ways, and normal flux of emotions and reactions that children may undergo when a parent is preparing to deploy and also when he or she is gone.

Research shows that knowing what to expect and how to react can help parents in their efforts to assist children with deployment-related stress.

Thus, identifying these emotions in advance of a deployment provides an opportunity for parents to validate their child's feelings and help him or her understand what is happening.

For instance, children often remain silent about their anger, fear and resentment. And not being equipped with the tools to recognize their feelings, children may express themselves through acting out or misbehaving in school or at home.

Since there are no regulations requiring parents to let teachers know when a parent deploys, teachers are not always aware of the added stress in a child's life. Maintaining open communication with a child's teacher allows him or her to be better prepared and understand what the child is going through.

It is equally important for spouses of deployed service members to maintain effective and prompt communication with their children, said Kathy Whatley, 6th ASG Family Readiness Group assistant.

"Don't wait to tell your kids [about an impending deployment], tell them as early as possible," Whatley said.

Informing children about a deployment early allows them the time and opportunity to adjust and come to terms with the idea, Whatley said, while delaying the announcement could create a traumatic experience for them.

Support system for children

When a parent deploys, children may have many questions.

It is important to allow them to ask questions. Parents should provide easy-to-understand answers in order for the children to feel secure – as the children need to be able to make sense of what is happening in their own mind.

Having parents inform the children together also helps to reinforce the family unit and lets the children know that even though a separation is imminent, the family can still stick together.

Children's responses to deployments are also affected by the reactions of others. Children cope better with deployments when they have a strong support system.

When the parent remaining at home is strong and supportive and is able to talk about a deployment in a positive way, the child is more likely to accept the deployment with understanding.

This, and strong community support, are among the reasons that many Stuttgart families are prepared to cope with the deployment of a family member, said Sandra Takaki, Family Readiness Group manager for 1/10 Special Forces Group (Airborne) on Panzer Kaserne.

Many resources – including support groups and training offered by Army Community Service – are available for families who are dealing with a deployment or another type of prolonged separation.

Online Resources

Air Force

www.afcrossroads.com
Click "Family Separations"

Army

www.goacs.org
Click "Deployment Readiness"

Marine Corps

www.usmc-mccs.org
Click "Family Life"

National Guard

www.guardfamily.org
Click "Deployment"

Navy

www.lifelines.navy.mil
Click "Deployment"



Staff Sgt. Kelly McCargo (Army News Service)

Thank You!

National Provider Appreciation Day is May 6, 2005

Provider Appreciation Day is a special day to recognize CDC, SAS, FCC, CLEOS and YS child & youth program specialists, teachers and educators of young children in Army Europe.

Special thanks to all our personnel who work with and on behalf of our children & youth in CYS.

For more information about family readiness groups contact Whatley at 430-7176/civ. 0711-680-7176.

For additional information about helping children during deployments or prolonged separations in Stuttgart call Army Community Service at 430-7176/civ. 0711-680-7176.

In Garmisch, call ACS at 442-2777/civ. 08821-759-777

Operation Purple Camp

Garmisch, Camp Darby to host free camps for children of deployed service members

Installation Management Agency – Europe, Release

Children of deployed service members will have the opportunity to go to camp this summer in Europe. Operation Purple Camp Italia in Camp Darby, Italy, and Camp Bavaria in Garmisch will provide middle and high school students with a weeklong, all-expense-paid camp incorporating activities specifically related to coping with deployments.

In 2004, the National Military Family Association created a camp program for military youth experiencing deployment of one or both parents.

Installation Management Agency-Europe's Morale Welfare and Recreation Division expanded the Operation Purple Camp program to military youth who live in Europe.

These camps are specially designed for youth whose parents are currently deployed, are preparing to deploy, or have recently returned from deployment.

The camps are open to children whose parents serve in any branch of service; hence the name Operation Purple Camp.

Each camp will feature team building, recreational and leisure activities, creative art projects, a motivational speaker, forums for emotional awareness and self-expression, and more.

Operation Purple Camp Italia and Camp Bavaria are designed to strengthen resiliency and coping skills through healthy social relationships.

Operation Purple Camp Italia is for middle school youth (grades

six to eight), hosting one session July 17 to 23 and another session July 24 to 30 both at Camp Darby, Italy.

Operation Purple Camp Bavaria is for high school youth (grades nine to 12) with one session Aug. 21 to 27 and another Aug. 28 to Sept. 3, both in Garmisch, Germany.

Spaces are limited. Selections will be made before the end of the DODDS-E school year.

Applications must be submitted by May 15.

For more information and application forms, visit www.mwr-europe.com or call IMA-Europe MWR Child and Youth Services at DSN 370-7486/civ.06221-57-7486.

Camper Eligibility & Selection Criteria

- Operation Purple Camp is available to any child of military personnel.
- Priority is given to children of currently deployed service members, followed by returned service members' children and finally children of service members pending deployment.
- Spaces are limited. Applicants will be prioritized based on the sponsor's deployment status and then by date of receipt of the application.
- Selections will be made before the end of the DoDDS-E school year.

For details visit www.mwr-europe.com.

Operation: Military Kids creates community support network

By Margaret McKenzie
Army News Service

Operation: Military Kids, a community support network for school-age children of deployed military service members, was officially launched April 6.

The U.S. Army Community and Family Support Center, Boys and Girls Clubs of America, National 4-H, Military Child Education Coalition, National Association of Child Care Resource and Referral Agencies and other community groups came together to provide and coordinate support for geographically dispersed military families.

A partnership

The partnership identifies national, state and local agencies, resources and community assets to deliver recreational, social and educational activities to youth who suddenly find themselves with deployed family members but who don't live on or near a military installation.

"Being a military kid all of a sudden is plain and simple a tough situation for these young people to be in," said Sen. Charles E. Grassley (R-Iowa) during his opening remarks at the national launch of the program.

Although the program is open to all military children regardless of service affiliation, it is specifically focused on those of deployed Army National Guard and Reserve members.

The program provides military children with a sense of structure and support that they may not have had before, said Gary Ashcroft, son of a Georgia Army Reserve member.

The OMK initiative was established in January 2004 and currently consists of representatives and partners in 20 states experiencing high deployment rates.

"The children of National Guard or Reserve Soldiers can really have their world turned upside down when a parent deploys," said M.A. Lucas, director of Army Child and Youth Services at CFSC. "They face new stresses and responsibilities at home in helping the remaining

OMK outreach activities

- "Speak out for Military Kids" raises awareness about military life and deployments.
- Community service projects for children of civilians
- Mobile technology labs connect military children with deployed parents.

Web site:

www.usda-army.ydp.org/omk

parent, and because they aren't living in a military community, may not have peers who can relate to their new situation."

Children of military service members and others interested in OMK can participate in three outreach activities geared to raise awareness for the program in their community:

- "Speak out for Military Kids" is a youth speakers' bureau formed by military and non-military youth who give presentations to schools and community groups to help educate and raise awareness about military life and deployment.

- Civilian youth in OMK states will have the opportunity to participate in community service projects.

- OMK states will receive mobile technology labs to be used to connect geographically dispersed military children with their deployed parents.

"It is imperative that we, as Americans, show our support for military children and families by connecting with them in our communities. Supporting programs such as Operations Military Kids is an important way to do so," Grassley said.



Mother's Day Brunch

Sunday, May 8th 2005
11:00am-2:00pm
Patch Community Club, Bldg. 2345
on Patch Barracks

Enjoy delicious food
Live piano entertainment
Memories to cherish

Adults: \$14.95
Ages 5-12: \$6.95
Ages 4 and under are free

This brunch sells out quickly, so reservations are recommended.
For reservations, call DSN 421-2089 or 0711-729-2089
Monday-Friday 8 a.m.-5 p.m.





Cory Doubek discusses the proper use of exercise machines with members of the Women on Weights class.

Patch hosts 'Women on Weights'

Story and photos by Melanie Casey



Cory Doubek demonstrates the use of a stability ball during Stuttgart's first Women on Weights class.

'Women on Weights' to return in June

- Stuttgart's next Women on Weights class is scheduled for June 6 and 8, 5:30 to 7:30 p.m., in the Patch Fitness Center.
- There is no enrollment fee for this class.
- For more information or to register call 430-5386/civ. 0711-680-5386.

Working with fitness equipment can be a weighty issue. Not only do users need to be mindful of how to use equipment properly, they also need to know how often they should use it, how much weight to use and how many repetitions would be best for them.

These and other issues were addressed during the first Women on Weights class held April 5 and 7 in the Patch Fitness Center.

Fourteen female participants - ranging from teenage to middle age - took part in the class, which was facilitated by 6th Area Support Group Fitness Coordinator Cory Doubek, who holds a bachelor's degree in exercise science and sports medicine and a master's degree in exercise physiology.

But the class was not just about learning one's way around those weight machines - it was about gaining personal awareness and learning how to attain physical fitness.

The emphasis of the class was on teaching strength training that can be performed in the gym or at home, Doubek said.

Doubek said she held the class because many women are intimidated by strength training and are thus unsure how to use the machines, how much weight to lift and which exercises to perform. "It's important for women to understand that a basic strength training routine can increase metabolism, tone muscles and build strong bones," Doubek said.

Each session of the two-evening class began with classroom instruction that included the benefits of being physically fit, the five components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition) and the FITT (Frequency, Intensity, Time and Type) training principle.

Doubek also demonstrated how to perform exercises at home.

The class then moved to the weight room to learn about proper weight machine use.

"[Doubek] has a real thorough approach," said participant Ute Sherman. "I didn't know if I used the machines correctly before. I have always done cardio, but now I'm adding machines."

"I hope participants learned some new exercises and proper form and technique for basic strength exercises," Doubek said. "I also hope that the women who took the class feel more comfortable using equipment in the weight room."

Physical Therapy Clinic prepares for permanent move to Patch Fitness Center

by Charles Ward

Public Affairs Officer, Heidelberg Hospital

Making due is just not good enough for Capt. Don Goss and his staff at the Stuttgart Physical Therapy Clinic.

The team does not let space and resource challenges reduce services to patients.

Along with his Noncommissioned Officer in Charge, Staff Sgt. Maria De Hoyos, and physical therapists Matthew Hafertepen and John Tortorelli, Goss is determined to improve patient care steadily.

"The Stuttgart community did not have a sports medicine physical therapist prior to my arrival," explained Goss. "Along with several other physical therapists coming from stateside, we were part of an Army initiative to expand these services on overseas posts. I am glad for the opportunity. But we have some work to do in order to improve things for the patients."

The immediate problem is space. The current space requirements inside the Stuttgart Health Clinic do not permit adequate room for Goss, his staff and exercise equipment. "So we've had to get a little innovative," Tortorelli said.

Renovations in the works

The interim solution, using the weight room in the Patch Fitness Center, has worked out well.

"Patients respond better when they are [performing rehabilitation] here," explained Hafertepen. "They can better measure progress. They can see it."

The Patch Fitness Center sees the PT staff as an added asset to its overall health and wellness program. "We are glad that they are already here," said Cory Doubek, fitness coordinator for the 6th Area Support Group.

"Having them here with us enhances what we are doing. But it's going to be even better. The planned gym renovation gives us more space and gives them more space. The winners will be our clients, and [the PT staff] will be able to expand treatment."

The Patch Fitness Center renovation begins in May and should be complete by September. Doubek stressed that Patch Fitness Center customers shouldn't notice much of a difference during renovations.

More equipment made available

An additional benefit to moving into the fitness center will be use of what is currently stored and unused equipment.

"We have over \$36,000 of rehabilitation equipment just waiting to be used," Goss said. "Right now there is no room to utilize it. Come September, we'll be putting patients on it."

Currently the Physical Therapy Clinic offers three programs that involve rehabilitation appointments and exercises at the fitness center: Strength Training, a Functional Ankle and Knee Class and a Lumbar Stabilization Class.

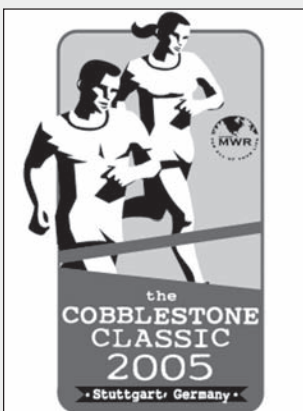
A patient is first evaluated at the Stuttgart Health Clinic by a staff member before getting the recommendation for treatment at the weight room for either individual or group workouts.

Other services offered by the clinic include the ever-popular running shoe clinic, frequently hosted at the Patch Fitness Center.

Goss and his staff plan to expand patient care beyond just the clinic move in September. They are also exploring the possibility of a one-day clinic each month in Garmisch to better serve the military community there.

The services for the one day clinic would mirror what is offered in Stuttgart. "That's one of our top initiatives for 2005," Tortorelli said.

For more information about the Stuttgart Physical Therapy Clinic call 430-8610/civ. 0711-680-8610.



The Cobblestone Classic 2005

May 21, starting on Patch Barracks

- Trek the historic tank trail between Patch and Panzer Kaserne.
- Event route is 8 kilometers.
- Registration begins May 9 (\$5 for individuals, \$10 for families).
- Award ceremony following the event.
- Runners & walkers welcome.
- For more information call Cory Doubek at 430-5386/civ.0711-680-5386.

Caution: Kids at Play

'Safety smarts' make every young athlete a winner

SAFE KIDS Release



Wearing the right equipment is an essential component of a summer sports safety plan. Popular summer activities such as skating and biking present unique safety challenges that must be met with appropriate and properly fitted equipment.

Hugh C. McBride

Every year, more than 3.5 million children ages 14 and under suffer sports injuries serious enough to require medical treatment.

Nearly half of these injuries result from solo activities such as cycling, skating and skateboarding; however, roughly one out of four participants in youth soccer, football or baseball has been injured at least once, along with about 15 percent of kids playing basketball and 12 percent of kids playing softball.

In team sports, most injuries – 62 percent – occur during practices, not games. Parents should always insist that their children wear the same protective gear, do the same warmups and take all the same precautions when they practice as when they're getting ready for a game.

When most people think of sports injuries, they think of dramatic tackles or falls or being hit in the head.

But young athletes are also at risk for strains and repetitive-motion injuries.

If the coach recommends certain types of warmups, it's not just to make the child a better athlete – it will help keep him or her from getting hurt.

Repetitive-motion injuries account for nearly half of all sports injuries to students in grade six and above.

SAFE KIDS recommends these precautions for all children playing or practicing any individual or team sport:

- Before signing up for a sport, get a general physical exam.
- Always wear appropriate protective gear for the activity – for practice as well as games – and make sure it's the right size and properly adjusted.
- Warm up. Again, if it's important before a game, it's important before practice too.
- Have adult supervision. Make sure responsible adults know and enforce the safety rules of the sport and are trained in first aid and CPR.
- Be sure the field is in safe condition.
- Never "play through" an injury. Get immediate help from

Playgrounds pose challenges, too

- Never leave children unsupervised on playgrounds.
- Loose clothing can easily become tangled on playground equipment. Dress your child in clothing that fits properly and allows for a full range of motion.
- Ensure that equipment is age-appropriate for your children. All elevated surfaces, like platforms and ramps, should have guardrails to prevent falls.
- Review with your children the proper use of the equipment and your family's basic safety rules – for example, no running, pushing, or hurting other children, respect for other children and people using the equipment.
- For more about playground safety call the 6th ASG Safety Office at 421-2752/civ. 0711-729-2752

a coach or trainer and be sure to mention everything that hurts or aches.

• Follow the rules. In most sports, the rules are based not only on sportsmanship, but safety.

• Last but not least: stay hydrated. Drink plenty of water or electrolyte sports drink before and during the activity, and rest frequently during hot weather. A child can lose up to a quart of sweat during two hours of exercise.

Young athletes get overheated more quickly than adults and cannot cool down as easily.

For more about staying hydrated and the dangers of dehydration, visit www.defeattheheat.com, an educational site co-sponsored by the National SAFE KIDS Campaign, Gatorade and the National Athletic Trainers' Association.

The National SAFE KIDS Campaign is a supporting organization of National Youth Sports Safety Month, organized by the National Youth Sports Safety Foundation. For more information visit www.safekids.org.

Have a child safe summer

Supervision key to keeping children safe

6th ASG Safety Office

Summer outdoor activities bring increased dangers to children. Whether swimming, using playgrounds, participating in sports or barbecuing in the back yard, supervision of children is the key to child safety.

One popular summer activity is swimming, and there are many good public swimming pools in the Stuttgart area.

But unlike public pools in the U.S., lifeguards are not often seen sitting on high chairs at the sides of the pool watching for danger.

However, well-trained lifeguards (Bademeister) are on duty at all times in all public pools. When entering a pool, find the location of the office as well as the first aid station. If you do not understand any posted pool rules, ask for assistance.

Keep in mind that there is no substitute for close parental supervision to prevent drown-

Remember:
Your supervision can be the difference between a child's life and death.

ing of young children.

One activity that many children participate in close to home is playing on local playgrounds.

Stay one step ahead of your children by keeping a close eye on your child's activities and ensuring that he or she is using age-appropriate equipment. Never leave young children unsupervised on a playground.

Remember, whatever outdoor activity your children are involved in, your supervision can be the difference between life and death.

Safety Reminder

(From the U.S. Army, Europe, Child Supervision Policy)

Children in fifth grade and below require adult supervision *at all times*.

To view the entire policy letter, visit www.stuttgart.army.mil.

Click "Garrison Commander," then "Policy letters" and "Child Supervision Policy."

why ID ME NOW?

There are so many things parent can do to help protect their children.

The ID ME NOW Fingerprinting Program records important information about your child, information law enforcement will need if your child should ever be missing.

ID ME NOW BECAUSE YOU CAN'T FINGERPRINT THEM LATER.

Fingerprinting, April 30, 11am-2pm
Patch Fitness Center

Over 1.5 million bicycles are stolen every year

Many stolen bicycles are recovered by the police but there is no way to identify the owner. If your bike is ever stolen, it can be identified and you can prove ownership. Bicycle theft is a growing problem, be part of the solution.

PROTECT YOUR BIKE AND YOUR INVESTMENT!

Bike Registration, April 30, 11am-2pm
Patch Fitness Center

SNAP!

For more information, please contact Mr. Earnest Epps
DSN 430-5560 or CIV 0711-680-5560
e-mail epps@6asg.army.mil

Safe Neighborhood Awareness Program
Neighbors helping neighbors
keep their community safe and secure

Fostering international relations through sport

Youth soccer team brings together German, American players

Story & photo by Christine Castro

Adapting and learning to overcome are traits essential for surviving a military childhood.

With every relocation, children have to say goodbye to friends and learn to adjust to their new environment – including learning the rules of what is considered “cool” and what is not. Subsequently, many children struggle for consistency and a need to belong. Living overseas as a child can present its own challenges.

Some American youth have found a way to make the best of their stay in Germany and turn their challenges into opportunities by joining a local German soccer team.

The Warmbronn *fussball* team is one such team. American girls ranging in age from nine to 13 have been playing on this German soccer team for the past few years.

The team meets twice a week for practice in the small town of Warmbronn, near Leonberg.

Tournaments are held nearly every weekend and generally take place in other small towns in the surrounding Stuttgart region – otherwise known as “the circle.”

Challenges vs. Benefits

Parents, coaches and the young players have found that the benefits they receive from playing on a German-American team far outweigh the struggles and challenges they face.

For instance, playing on a German team helps the girls acclimate to their environment easier and gives them a sense of belonging.

“I could fit in with the soccer ball. The soccer team meant a familiar place and immediate friends for me. I could express myself on the field,” said Mia Hamm, a former Air Force child, World Cup champion and Olympic gold medalist.

Having played soccer on a girls German team herself as a child, Hamm wrote an article (published in *eJournal USA*, Jan. 2005) called *My Own Words*, in which she addressed how soccer helped with her own issues of self esteem.

One might imagine that the American players are confronted with the difficult task of understanding drills and plays when the practices are held in German – not to mention the inadvertent miscommunication through language translations.

But the girls and their parents use these experiences as opportunities to learn to adapt to a

new culture and communicate via non-verbal means.

The girls have learned to watch what the others do and follow, one parent said.

Some parents have even offered their services as assistants to the German coaches, which helps the girls with communication and instructions for tournaments.

Strengthening cultural bonds

Some parents believe that Germans and Americans playing together provides an opportunity to contribute to America’s enduring commitment to German-American relations.

Since the beginning of America’s presence in Germany, most Americans have realized that strengthening transatlantic relations cannot be solely economically or politically based, but should also be focused on the cultural aspect.

One parent of an American player said that allowing the girls to play on the German soccer team “instills values of commitment to German-American relations at an early age.”

The players also learn to respect cultural differences. Sometimes they have the opportunity to partake in German traditions and rituals such as the *stiefel* (boot). The *stiefel* is part of a ritual following the winning of a tournament.

The *stiefel* is a large glass in the shape of a boot. The *stiefel* is filled with root beer or *spezi* (orange soda and cola) and passed around the table for all the players to drink from. The winning team is generally sponsored by a restaurant at the local sports club.

The root beer is a substitute for beer, which the adults traditionally drink after their big wins.

Additional benefits

But the players are not the only ones who benefit. The sportsplatz where the Warmbronn team practices boasts a restaurant featuring traditional Croatian-German cuisine, which the Americans (many of whom are on a first-name



A young soccer player prepares for a kick during an April 17 tournament. Over the past few years, many American children have joined local soccer leagues and hone their skills with regular practice.

basis with the owners) have come to love.

An ongoing season

Practices are held throughout the year rather than just for a traditional soccer season. That means that players practice in rain, sleet and yes, even snow, until the weather becomes too unbearable and the play-

ers begin their indoor season.

During the colder months, the restaurant becomes a welcoming retreat for the parents while they wait for their developing soccer stars join them. Most of the players make themselves at home in the restaurant as they come in from the rain, removing their shoes and socks and placing them on wall heaters to dry while they eat.

Having the American girls play on the team benefits both the Americans as well as the Germans, said Coach Rob Bernd. “The American girls learn the language and customs, and the

“Having the American girls play on the team benefits both the Americans and the Germans.”

Rob Bernd
German soccer coach

German girls learn English,” he said.

The Germans take the sport of soccer very seriously.

This means “the girls learn more advanced skills and techniques from playing with the Europeans,” one parent said, adding that after having the experience of training on a German team, the players return to teams in the States as more advanced players.

The girls also learn valuable lessons in communication and adaptation. “Germans playing with Americans is good for everyone,” Bernd said.

Ready, set ... dodgeball!

By Melanie Casey

6th Area Support Group Sports and Fitness held its first-ever Dodgeball Tournament April 9 in the Patch Fitness Center gym.

Three teams took part in the inaugural event.

After an hour of competitive and often intense play, the Mighty Molars, representing the Stuttgart Dental Clinic, came out on top. As their prize, team members received AAFES gift certificates.

Another dodgeball tournament is scheduled for May 12 at 6 p.m. in the Patch gym. Sign up by May 9. For details call Kathy Harris at 430-7136/civ. 0711-680-7136.

(Clockwise from upper left): A group of dodgeballers prepares to start a game with a sprint; an intense player prepares to hurl a dodgeball at an opposing player; tournament champs the “Mighty Molars” pose after winning the tournament April 9.



Melanie Casey



Oliver Stith



Melanie Casey

Runners go distance in Iraq's first 'Boston Marathon'

By Master Sgt. Lek Mateo
Army News Service

Hundreds of runners traded their combat boots for running shoes to compete in the inaugural Iraq/Boston Marathon held April 18 in Tikrit, Iraq.

The event was held in conjunction with the prestigious Boston Marathon that normally has thousands of runners competing in the grueling 26.2-mile race and is seen throughout the world.

A loud crack of the starting gun signaled the start of the race in Iraq for the small mass of runners as the early morning rays of the sun pierced the darkness.

As colossal U.S. Air Force C-130 Hercules cargo aircraft roared overhead during takeoff, runners slowly meandered through the course located within the confines of razor-sharp triple-strand concertina wire and heavily armed guard towers protecting the base.

The route took the runners by one of Iraq's archaeological treasures, the Ziggurat of Ur, a 4,000-year-old Sumerian temple that rises approximately 50 feet above the desert floor of the Euphrates Valley.

Capt. Rodney T. Freeman of the New Hampshire Army National Guard's 197th Field Artillery Brigade said he coordinated the event with the Boston Athletic Association as a way to give service members a small taste of home and to take their mind away from the combat zone.

"I contacted the BAA about the idea of running our marathon at the same time that the 109th Annual Boston Marathon [was] taking place back at home," Freeman said. "They were very supportive of the idea and that is how this event got started."

The BAA and the Outdoor Life Network, which incorporated footage of the Iraq Marathon with its television broadcast back in the United States, went "above and beyond" to make the event complete by providing official Boston Marathon medals, certificates and T-shirts for the participants, Freeman said.

A test of will

Although the race was noncompetitive, all of the runners gave their personal best to test their will and endurance against time and distance.

Spc. Daisy Prieto, a Soldier from the 56th



Sgt. Luis Soto crosses the finish line to win the first Iraq/Boston Marathon April 18. Soto finished the 26.2 mile course in three hours, three seconds.

Brigade Combat Team, 36th Infantry Division, Texas Army National Guard, always wanted to run in a marathon just to prove to herself that she could accomplish it.

"My intention is not to win, but just to finish the race no matter how long it takes, so that I can say that I did it," she explained.

Army Sgt. Luis A. Soto, a Soldier from the 89th Transportation Company based in Fort Eustis, Va., finished in three hours and three seconds, taking first place in the race.

Soto said the victory was the highlight to cap his yearlong deployment as he prepares to head back home within a few weeks.

As with many of the runners in the field, this was Sgt. Soto's first marathon, and for him it was a very special accomplishment because he not only ran the Boston Marathon – he also did it in Iraq.

"Every runner, no matter what distance they run, always looks to run a full marathon to see what they are made of," Soto said.

"Now I can say that I am a runner after having completed a full marathon on my own and that is something that I will always remember."



'Titans' battle on Patch

Stuttgart's second annual "Battle of the Titans" took place April 2 in the Patch Barracks Fitness Center.

[Above] In the night's first fight, Friedberg's Carlos Wright (taking a punch) defeated Charles Perry of Katterbach.

[Left] Stuttgart's Raymond Goings (landing a punch), who defeated Hanau's Bryan Cyr, was one of three local fighters to enter the ring.

Stuttgart Golf Course tournaments

Moonlight Golf

April 29 beginning at dusk

9 hole, four person scramble format. Cost is \$25 for members, 35 euro for guests.

Opening Day Scramble

April 30, 8 to 10 a.m. tee times available

18 hole, four-person scramble. Cost is \$20 for members, 50 euro for guests.

Army Ball Tournament

May 13, 8:30 a.m. shotgun start

18 hole, four-person best ball scramble. Cost is \$30 per person.

Registration deadline is May 10. For details call 430-8860/civ. 0711-680-8860.

All tournaments take place on the Stuttgart Golf Course in Kornwestheim.

For more information call 07141-879-151.



*“People sleep peaceably in their beds at night
only because rough men stand ready to do
violence on their behalf.”*

— George Orwell



THE UNITED STATES OF AMERICA AND THE U.S. ARMY PRESENT

ARMY OF ONE

SPECIAL OPERATIONS